

## **DALTON COUNCIL ON AGING**

The mission of the Dalton Council on Aging is to promote the physical, emotional, social and economic well being of older adults and to promote their participation in all aspects of community life. Services are provided to Dalton residents, age 60 and older and families facing senior issues. Services provided include Transportation, Information and Referral, luncheons, health clinics, health insurance and wellness counseling, volunteer opportunities, and quarterly senior newsletter. The Council on Aging programs include S.H.I.N.E., fuel assistance, Triad, Serve, intergenerational, educational, wellness lectures, AARP Tax Assistant. The Council on Aging activities includes travel group, arts and crafts, exercise classes, social activities and special events.

### **Contact Information and Hours:**

Dalton Council on Aging  
400 Main Street (CRA Building)  
Dalton, MA 01226  
(413) 684-2000  
Fax: (413) 684-6107  
Email: [dcoa@bcn.net](mailto:dcoa@bcn.net)  
Hours: M-F 8:00 am - 4:30 pm

### **Frequently Asked Questions (FAQ's):**

**Q: I've just been diagnosed with osteoporosis, and my doctor says I need to exercise. What is available?**

**A:** Our Osteoporosis Prevention Exercise Program offers four classes per week. After a one-hour orientation, you can join the classes. The suggested donation is \$2.00 per class.

**Q; Can you take me to a doctor's appointment tomorrow morning, and what is the cost?**

**A:** Yes, we need the appointment time, address and phone number. The cost is \$1.75 each way. We will usually pick you up one half-hour before your appointment, but if there are several people going at about the same time, we may need to pick you up a little earlier.

**Q; When is the next blood pressure/foot care/flu shot clinic, and do I need an appointment? What is the fee?**

**A:** The date and time is given for the requested clinic. Blood pressure: no appointment, no fee, Flu shot: no appointment, no fee with Medicare card; \$20.00 without Medicare card. Foot care: By appointment; fee set by foot care nurse.

**Q: Do you have information on Senior Housing?**

**A:** The Dalton Housing Authority manages Pine Grove Manor and Pomeroy Manor. You can call them at (413) 684-2493 for information and an application. River Run is managed by Joel Less Assoc. Call 684-0043 for information and an application.

**Q: Do you offer bus trips?**

**A:** Our Dalton Travelers schedule several day and multi-day trips each year. Scheduled sign ups are advertised in the Berkshire Eagle, and are held in the CRA lobby prior to each trip. There is no membership fee.

**Q: How do I arrange for home delivered meals for my mother?**

**A:** Elder Services provides home delivered meals throughout the county. There are no income guidelines, but someone from Elder Services will visit you to see if you meet the "needs" qualifications.

**Q: Since my recent illness, I can't keep up with my housework. Can I get some help?**

**A:** If you would like, we can make a referral to Elder Services for you. They will send a case worker to visit you to explain their services, answer your questions, and ask you a series of questions to make sure you qualify for their programs. If you are not eligible for Home Care Services, we can refer you to agencies you can hire privately.

**Q: What does Medicare cover? How does insurance supplement work and which supplement would be best for me?**

**A:** Health insurance counseling is done by our S.H.I.N.E. counselor, Patricia Pero. S.H.I.N.E., Serving the Health Information Needs of Elders is a statewide counseling program, which educates seniors on all aspects of health insurance. Pattie will make an appointment to see you at our office, or she can make a home visit.

**Q: How am I going to pay for my medicines?**

**A:** The increasing cost of prescriptions is forcing many elders to choose between taking the full amount of their medicines and paying bills. We can offer help either through information on supplemental insurance or some of the many drug discount programs.

*Information prepared 2003*